

LICADD

# Military Families in Training

Supporting and Strengthening Military Families  
Learn how to manage stress and the transition home



**The MFIT Workshop Series will begin at:  
Northport VA Saturday February 15<sup>th</sup>  
And will be held the next five consecutive Saturdays  
10am-11:30am in Bldg 200 Room A1-5**

Please Return the Registration Form Below to LICADD by Fax, Email or Mail

**Fax:** (516)747-0714 **Email:** [lganz@licadd.org](mailto:lganz@licadd.org) or [msiciliano@licadd.org](mailto:msiciliano@licadd.org)

Name _____	Town _____
Age _____	Email _____
Phone Number _____	Years of Service _____
Number of Family Members _____	Last Deployment Date _____
Age(s) of Children _____	Military Branch _____

**To Register by Phone or for More Information**

**Call Us at (516)747-2606**

**114 Old Country Rd, Suite 114**

**Mineola, NY 11501**



**Open Arms**  
Employee Assistance Program